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More than 600 State Employees Participate in the First Annual Governor's Cup Run/Walk

Dover – More than 600 state employees turned out in force for the first annual Governor's Cup 5K Walk/Run at Woodburn, the official home of Governor Ruth Ann Minner, in Dover on Wednesday.

The Governor's Cup is part of Governor Minner's DelaWELL program, a voluntary state employee health and wellness initiative that was launched in February.

"This year's Governor's Cup race was an outstanding success with over 600 state employee participants," Governor Minner said. "The health of our state employees is very important to me, and the significant turnout at the event proves that our state employees are taking their health and wellness seriously and making it a top priority. I am confident that the Governor's Cup will be a good compliment to our participants' continued health and wellness."

State employees who participated in the Governor's Cup represented numerous state agencies and divisions. After the event, awards were given to race winners and also to agencies that had the highest number of participants and to those that had the greatest number of employees who filled out their Health Risk Assessment-the first step in the DelaWELL program (for a complete list of winners, go to [www.ben.omb.delaware.gov/delawell /](http://www.ben.omb.delaware.gov/delawell/)).

"The level of excitement and enthusiasm for the race was incredible," said OMB Director Jennifer Davis. "Due to its tremendous success, we are already planning another race in the fall."

More than 8,000 state employees have signed up for the DelaWELL program. After completing their HRA, participants received a personal report that included feedback, tools and resources to assist in making lifestyle changes. The program also offers personalized lifestyle and disease management, coaching programs for conditions such as asthma, diabetes and coronary artery disease, and online health resources. For more information on DelaWELL go to www.ben.omb.delaware.gov/delawell.